



The Senior Edition

The Shrewsbury Council on Aging Newsletter

Published Monthly for all

Shrewsbury Residents age 60 and over

November 2005

Volume 5, Issue 11



November 2005 Special Dates:

Alzheimer's Awareness Month

FLU SHOTS WILL BE GIVEN LATER IN THE MONTH

CALL/WATCH LOCAL MEDIA FOR DETAILS

November 8th: Election Day: Don't forget to vote!

November 10th: Veteran's Day Ice Cream Social

November 11th: Veteran's Day
All Municipal Offices Closed

November 18th: "4M" Series: Memory / Free lunch

November 24th: Happy Thanksgiving!
All Municipal Office Closed

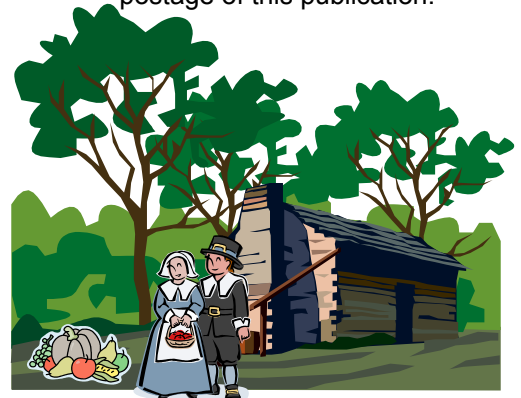
November 25th: Newsletter Mailing
Brown Bag Lunch & Movie

Nov 8th, Shrewsbury Town Elections

The Town of Shrewsbury will hold a special town election on Tuesday, November 8, with precinct six voting at the Senior Center. Polls will be open from 7:00 a.m. to 8:00 p.m. Booths will be set up on Monday, November 7th and removed the morning after election.

Thank you....

to the Friends of the Shrewsbury Senior Center, Inc., for their continued support of the Senior Edition...their fundraisers and your donations pay for the printing and postage of this publication.



**Friends of the Shrewsbury
Senior Center, Inc.**

98 Maple Avenue, Shrewsbury, MA 01545

Return Service Requested

NON-PROFIT ORG.
U S POSTAGE
PAID
WORCESTER MA
01613
PERMIT NO. 1102

ADDRESS LABEL HERE

Shrewsbury Council on Aging (COA)
Shrewsbury Senior Center
98 Maple Avenue
Shrewsbury, MA 01545
(508) 841-8640

November 2005



COA Staff and General Information:

Office Hours: Monday through Friday:

8:00am-4:30pm

Office Phone: 508-841-8640

Office Fax: 508-841-8641

Staff: COA Board Members:

Paul Keegan, Chairman, Helene Tanenholtz, Vice Chairman,
John Concordia, Secretary, Lillian Goodman
Helen McLaughlin and Tim Swiss

COA Director: Sharon M. Yager

Assistant to COA Director: Vicky Pellegrino

Transportation Coordinator: Cynthia M. Willis

Van Drivers: Bob Dumas, Mike Jardarian, Gene Dell'olio
George Bergquist, Mike Mazzola, Dick Londergan, Ed Rezuks
and Holly Henry

Volunteer Piano Players: Barbara Anderson, Leo Floyd,
and Agnes Torosian.

Village Café: 508-841-8757

Dining Manager: Sharon Wright

Volunteer Café Staff:

Denise Bachand, Barbara Chevretils,
Roger Faucher, Shirley Golden, Terry Haire, Jeralyn Harrison
Carmella Iacono, Helen Nobiletti, Susan Pappas,
Ruth Runvik, Betty Viscera, and Peggy Wright

Meals on Wheels Drivers:

Michelle Mancini, Alan Buckley, George Bergquist

Outreach Coordinator: Walter Rice

CARES Coordinator: Dave Grillo

Volunteer Office Staff:

Marion Buonomo, Lillian Clifford, Dorothy Dobson,
Anita and Harvey Grell, Loretta Henry, Carmella Iacono,
June Jardarian, Joan Joubert, Nancy Kowalczyk
Rochelle Lockwood, Ann McDonald, Lucille McHugh,
Katharine Nelson, Susan Pappas, Rena Quealey,
Phyllis Robbio, Ruby Schwartz, and Betty Viscera.

Senior Aide: Layah Ruth Lehmann

Veteran's Agent: Richard Perron, 508-841-8386
(Please call Mr. Perron's number for his office hours)

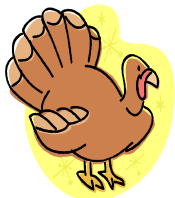
Your Newsletter Committee Consists Of:

Layah R. Lehmann, **Editor**, Fran Rimkus, **Chairman**,
Bob Oetting, **Advertising Coordinator**, Ron Davis,
Norma Giumentaro, Mary Layden,
Janice McNamara, Maynard Rinker

Happy November Birthdays To:

11/8 Madeline Gentile: Friends of the
SSC Board 11/17 Paul Keegan: COA
Board Member

11/22 Susan Pappas: Volunteer
Receptionist



Letter from the COA Director:

Happy Thanksgiving to all, I hope everyone will find plenty of blessings to be thankful for this year.

It is bittersweet that I thank Al Crommett for his service as a COA Board member. Al stepped down off the Board last month. He will continue his work as a SHINE Counselor and will stay active with the Senior Center. Al was a former President of the Friends of the Shrewsbury Senior Center, Inc. He and his wife Joan met at a Senior Center function eight years ago. We wish both Al and Joan good luck and good health.

If you have not been up to the Senior Center lately, you will see our new window at the receptionist desk. This will provide better confidentiality for those giving information at the window or who are calling with a request. It will also will allow folks to continue billiards, piano playing, singing and having a good time in the drop-in lounge without causing disruptions for calls being made at the front desk. As this was funded from our gift account, we thank folks for their generosity to allow us to continuously improve our quality of service that we offer.

Have a wonderful holiday,

Sharon M. Yager

Condolences

The COA was saddened to hear that Warren Blackett passed away last month. Warren and his wife Hazel were volunteers at the Senior Center. Our sympathies to Hazel and her family.

Sympathies also to Keith Hochstein and his family on the death of his wife, Nancy Hochstein, who had formerly served on the School Committee. Keith had served on the Human Services Advisory Committee with both the previous and current COA Directors and both he and Nancy were advocates of senior services.

Mr. John "Bud" Chioda will also be sadly missed. He had been an active participant at the Senior Center and was a past Grand Knight for the Knights of Columbus.

November 2nd, Lee Bartlett and Chorus

Don't miss a great afternoon listening to the sounds of the Lee Bartlett and Chorus Musical Program coming to the Senior Center on November 2nd, at 11:00 to noon. The program is presented by the Age Center. Lunch can also be purchased for \$2. Call 508-841-8757 to reserve lunch.

LEAVES, GRASS AND YARD WASTE ...

Will be picked up at the curb during the following weeks: **November 4, November 14-18 and November 28-December 2.**

Yard waste must be in 30 gallon paper bags, weigh no more than 40 lbs, and be lined up at the curb by 7:00 A.M. on your regular rubbish collection day. Please call the Health Department at 508-841-8512 with any questions.

November 7th, Fourth Annual Jewelry Sale

submitted by Elaine Kelly

We are about to have our fourth annual jewelry sale, which will be held on the first Monday in November, (the 7th), from 9-noon. Hopefully, it will be another good year, however we need your donations of good used jewelry. You can leave any donations at the front desk. Thank you! Please call 508-845-7471 for more information.

Program Updates:**November 1st: Duplicate Bridge to Begin**

If you are still interested in playing, it is very important that you phone the Senior Center, as the number of players will be critical. On-going players must call each week on Monday to confirm ability to play. Back-up players would be welcomed!

November 22nd, Sign up Get to in Shape!

Dr. Clermont is starting a new **Beginner's Mat Pilates** class. This is for people who have not participated in previous classes, or for those who wish to advance from Chair Pilates. Wear comfortable clothing and bring a mat and flat rubber bands (stretch bands). For more info and sign up, call the Senior Center at 508-841-8640.

Existing Pilates Classes Notice

There will be no Pilates and Chair Pilates with Dr. Clermont on November 9th and 16th. Classes will resume on the 23rd of November.

Sign Ups Still being taken for Bellydancing!

Several men have inquired if sign-ups can be taken for "watching" only. The answer is no, but we will welcome male bellydancers as well...

November 10th, 11:15am Veterans Salute!

Join us in celebrating our Veterans the day before their special day. Americorps will be providing a special Ice Cream Social (yes, eat your dessert before lunch!) and other refreshments to give a special FREE thank you to our Veterans. Please let the office know if you'll be joining us to provide for adequate goodies.

November 18th, 2005, 4M Series 10:30am

The 4M Series continues this month. The 2nd M topic, Memory, will be discussed this month. Ms. Julie Palmieri, the Alzheimer's Association's Worcester County Coordinator, will present "Living a Brain Healthy Life Style", as well as wide breadth of knowledge on Alzheimer's and memory disorders. A FREE Soup/Salad Lunch will be sponsored by Ted Coghlin and provided by the Age Center of Worcester. Please call to sign up and reserve your lunch and seat!

November 25th, Lunch/Movie 11:30am

Join us for this month's feature, the comedy **Raising Helen**, sponsored by the Westboro Bank. This is a story about a spirited single gal (Kate Hudson) who is given custody of her nieces and nephew (Hayden Panettiere, Abigail Breslin and Spencer Breslin) when her sister unexpectedly dies in a car accident, forcing the career-minded young woman to re-evaluate her priorities.

Come and join your friends for a Brown Bag lunch, or buy a lunch for \$2 from the meal site. Please call the Senior Center by Sept 28th to sign up for the movie and let us know if you'll also be buying a lunch.

Watch For Late November , Flu Clinic

This year's Flu and Pneumonia Vaccination Clinic will be held sometime late this month. We apologize that there was no date finalized as of publication. Please call or watch for date in the local media.

The Health Department is reminding all residents that influenza is a serious disease. There will be adequate vaccine for all residents 65 years and over to receive a Flu shot this Fall. Pneumonia vaccinations will also be available at the Flu Clinic, as Pneumonia is the most serious complication of the Flu. If you are 65 and have never had a pneumonia vaccination, or if you received a pneumonia vaccination before you were 65 and that was more than 5 years ago, you should plan to get a pneumonia vaccination this year. Please check with your physician if you may have received a pneumonia vaccination in his office.

Fuel Assistance Applications for New Applicants are now being taken. Contact Walter Rice, Outreach Coordinator, at 508-841-8647 for an intake for the application paperwork. Eligibility for a Single Person: \$19,140.00 or for a Couple: \$25,660.00.

CARES November Column

An Advocate's Advice; Attorney General

By Dave Grillo, CARES Coordinator

(Consumer Awareness and Resources for Elders in Shrewsbury)

Shrewsbury senior Al Crommett is an extraordinary advocate for you, his fellow seniors. He is a longstanding Shrewsbury Council on Aging board member, and he helps seniors with their health insurance and other "How am I going to pay for this?" health care-related questions as a SHINE counselor. He wants you to be aware and informed as a result of a problem he had with a prescription drug benefit as a member of Blue-Care-65 (an HMO). Members started receiving this benefit in July of 2004. According to Al, each calendar quarter, beginning with July-September 2004, members with this benefit have been entitled to have the first \$150 of their prescription expenses covered by the program. A separate benefit card was issued. But Al didn't receive his benefit over the course of one year because he used the new card that was issued, believing the new card was to be used to receive the prescription benefit. He found out that his original card was the real ticket to the \$150 per quarter benefit. Once Al realized that he was paying for prescriptions that Blue-Care-65 should have covered, he began the arduous (and quite frustrating) process of writing letters and making phone calls to resolve this matter. He has since received checks from Blue-Care-65 as reimbursement for his overpayments. He worries that you may not be receiving benefits you are entitled to from your health care insurer; he worries that you might be paying for benefits your plan should be covering. Al pays monthly for Blue-Care-65 Health Care and Prescription Insurance. Even if your plan is different, Al wants you to ask your pharmacy for your "Patient Prescription Record." Thoroughly review it. Make sure you are getting all benefits you believe you are entitled to. Call your health insurer as soon as you discover a discrepancy or merely anytime you have a question. Stay on top of this. Al has put together a helpful guide entitled "How to Understand Your Patient Prescription Record." Contact Al through the Senior Center for more information and/or make an appointment with a SHINE counselor to receive guidance and answers for your health information questions. Thanks to Al for all his work!

The Worcester Community Action Council no longer exists. If you want to file a complaint as a consumer against a person or a business, you must now directly contact the Massachusetts Office of the Attorney General. The Worcester office is located at One Exchange Place; the phone number is 508-792-7600. Ask for Ayham Bahnaffi, the Consumer Mediator. Ayham told me that his office provides mediation (nonbinding) and education. He appeared to be well informed

Always talk with a family member or trusted friend or call the CARES Program at the Senior Center before sending money to, investing in, or donating to any unfamiliar organization, entity or person who solicits you.

Volunteer Opportunities:

Volunteer Opportunities Inside Senior Center:

Life Journeys: Are you interested in helping special Middle School kids (Grades 5 to 8) learn how to be better friends and develop good social skills? Shrewsbury Youth and Family Services and the Senior Center are united in a unique after-school program. 4 events have been planned to expose the kids to knitting, exercise, sculpting and stamp collecting, utilizing fellow seniors as facilitators. We would love to see the program be intergenerational and have seniors participate in each program. To get the dates and learn more, please call the Senior Center.

Become a SHINE counselor!

The SHINE Program will be having a training session this spring. Please let us know if you are interested in learning more about Health Insurance benefits to help yourself and others by becoming a certified SHINE counselor. **Call the Milford Senior Center (where training is organized) at 508-422-9931 for more information.**

Volunteer Opportunities Outside Senior Center:

Fall Festival Volunteers Needed for 2006

Since the *Spirit of Shrewsbury Fall Festival* has grown, there is a great need for volunteers, both before and during the events. Without assistance, certain events will need to be cancelled. Please contact Art Dobson, at 508-842-7091 or , ADobson681@aol.com for details and discuss the ways in which you can offer your time. Help is needed to Sell Banners, Assist with Craft Fair (9 types of volunteers needed), Fundraising, the Parade (7 categories available), Program Book and more.

The CASA Project (Court Appointed Special Advocates) needs volunteers to serve as advocates for abused and neglected children in the Worcester County Juvenile Courts .

For more information stop by the Senior Center for the new 2006 Winter/Spring brochures or call: [508-757-9877](tel:508-757-9877) or e-mail the organization at www.thecasaproject.org.

If you are interested in any of the above volunteer opportunities or have any other volunteer opportunities to offer, please call the Senior Center.

Spangler & Spangler, Inc.



Helping families
Turn Blue Sky
Dreams
Into Down to
Earth
Realities

45 S. Quinsigamond Avenue
Shrewsbury 508-753-2200



An Assisted and Independent
Living Community

**Shrewsbury
Crossings**

311 Main Street
Shrewsbury
508-845-2100

**Damon
Aronson**
Community
Relations



ALL-ACCESS
Physical Therapy, Inc.
www.allaccesspt.com

The One for ALL of
Your Physical Therapy Needs
Flexible Appointment Hours
Free Screenings
Senior Services • Custom Orthotics
Sports Conditioning • Golf Performance
508-845-3500
3 Tennis Dr. Shrewsbury

MARIA SMITH REAL ESTATE
420 Boston Turnpike, Shrewsbury, MA



Patti Faucher
508/753-5646

Maria Smith
508/845-9974

Free Consultations
SENIOR REAL ESTATE SPECIALISTS

Veteran's Day Service and Flag

Ceremony Submitted by Ron Pelletier

On Veteran's Day, November 11, the American Legion and V.F.W. members will conduct a memorial service at the War Memorial at the Library at 11am, followed by a similar service at The Lone Soldier Memorial, adjacent to the police station.



Upon completion of the above ceremonies, the Veterans of the Victor R. Quaranta Post 397, will conduct a formal disposal of old and retired U.S. flags with a burning ceremony adjacent to the Post quarters at the corner of Main and School Streets. If you have any questions, please call: 508-842-2019.

"The Main Event" The Shrewsbury Senior High Alumni Association presents a Las Vegas-style stage show called **The Main Event**, featuring Ronnie Allsop and Bill Sbrogna. Hear the legendary sounds of Frank Sinatra, Tony Bennett, Elvis, Dino, Bobby Darin and many more! The show will be on Saturday, November 12, at 8:00pm at the new Knights of Columbus Building on 206 South Quinsigamond Ave. Admission is \$30 per person: includes hors'doevres, dessert and a table buffet. For event and ticket information, call Mary Rose Casey at 508-755-3922. **Proceeds go to benefit The Shrewsbury High School Alumni Association's Student Grant Program.**

Shrewsbury Public Library News:

Call the Library at 508-842-0081 Ext: 3, for further Information on these and other exciting programs available!

Moon Dirt: November 8, 7:30pm

Wonder what "moon dirt" looks like? See for yourself at the Library! The regional NASA/Jet Propulsion Laboratories, "Solar Ambassadors" will display lunar samples and meteorites and give a fascinating talk.

Ketav Patel, Visiting Physician

November 21, 7:30pm

Dr. Patel will share his experience as a "train physician" in his native India. He was part of a team of physicians whose traveling hospital visited cities and towns by railcar, bringing first class health care services to people for the first time.

KALTSAS KORNER

Age Discrimination - The Basics

Federal and Massachusetts law both prohibit employers from discriminating against their employees based on their age. The MA Commission Against Discrimination (MCAD) is the state agency that enforces these laws in Massachusetts. The Equal Employment Opportunity Commission (EEOC) is the federal agency that enforces the federal statute. In 1999, the [EEOC](#) received just over 14,000 claims of age discrimination. Currently, this number had grown to over 20,000, making age discrimination one of the fastest growing fields of law. This growth is partly attributable to the increasing number of aging employees in the workplace. However, the number of age discrimination claims generally fluctuates with general economic conditions and employment layoffs. When layoffs occur, discrimination claims go up. Legitimacy varies.

Under Federal and Massachusetts law, employers may not discriminate against employees in hiring, firing, or other terms and conditions of employment if they are 40 years of age or older. This Federal law is known as the Age Discrimination in Employment Act, or ADEA. It applies to employers with 20 or more employees. The Massachusetts law can be found at [M.G.L. 151B](#) and applies to employers of six or more individuals. A person who is unlawfully discriminated against because of age is entitled to damages, including loss of income, emotional distress, and attorney's fees. Additionally, a judge may double the damage award under Federal law or even award triple damages under state law.

Age discrimination cases are difficult to pursue and hard to prove. To prevail, an employee must show that adverse action was taken because of age. Adverse action can mean a couple of things: including: termination, passing over the employee for a promotion because of their age, lack of or a reduced raise or cost of living adjustment. Merely replacing an older employee with a younger person does not establish age discrimination. An employer is liable for age discrimination only if the employee is able to prove that there was an intentional action because of age.

Age discrimination is often hard to prove in small firms of 20 or more employees unless there is some incontrovertible evidence that the employer acted because of age. The bottom line is that regardless of the actual employer's type of action, putting together an age discrimination claim can take time and loads of research and effort.

If you have specific questions, please feel free to call Attorney Nicholas Kaltsas at 508-755-6525.

Attorney Kaltsas practices law at Elder & Disability Law Advocates in Worcester, Massachusetts. This article gives general information and not specific legal advice on individual matters.



Call Shrewsbury Light and Cable
to sign up for
Shrewsbury's Digital Cable Service
&

High Speed Internet Access

Call **508-841-8500**

for more information
about all out levels of cable services!



Busy Hands

Knitting Group

Looking for a great gift? Drop by the Senior Center and view our wide variety of hand knitted goods. All items are reasonably priced.

Shrewsbury Senior

Mondays

11am

President:

Dorothy Sinkus

Join Us!

Citizen's Club

Need Gifts? Avoid the Stores and Support Areas Organization with Unique Gifts For The Upcoming Holidays!

November 12th: Greendale People's Church Holiday Fair

Get a jump start on your holiday shopping! You will find...Autumn/Thanksgiving items, specialty gift baskets, hand made knits, bargain basement, books, jewelry, American Girl Doll clothes, cutlery, A Little Red and Purple, Angels, fudge, baked goods, silent auction, crafts, gingerbread houses, N.E. Country Store and Ye Olde Christmas Shoppe. Something for everyone! Don't miss out! Snack Bar is available both days all day long! The Fair will be held November 11th, 9-7:00pm and November 12th, 9-1:00pm at 25 Francis St., Worcester, (behind the Halloween Outlet on W. Boylston St.)

November 12th: Get Your Gifts Early!

Get a head start on your holiday shopping! The COA has received its annual invitation for folks in Central MA to visit the **Holiday Gift Shop & Tea Room** at the First Congregational Church of Oxford, on November 12, at 9:30 to 2:30pm. **The Gift Shop** features such items as handmade knitting, crocheting, sewing, handcrafted gifts and décor and more. Take a break from shopping and enjoy tea and goodies in the **Tea Room**. You can purchase homemade scones with cream and jam, a selection of cakes and sweets, minestrone soup, broccoli quiche and more. The event is sponsored by the Women's Fellowship, Missions Committee and Church Council. The church is located at 355 Main St., (route 12), Oxford and is handicapped accessible. Call 508-987-2211 for more information. Groups of six or more must call for a reservation by November 11th.

November 19th: Craft and Things Fair.

The Chester P. Tuttle Post Womens Auxiliary is holding a craft fair to benefit the *Women's Scholarship Fund*. Fair will be held at the Pilgrim Church on 911 Main St., Worcester, on November 19th, from 10-4:00pm. For more information call: 508-754-4473 or 508-721-1302.

On Show Now: JFK in World War II

Learn the story of how JFK led his crew to safety after their PT boat was sunk by a Japanese destroyer in the South Pacific. Discover how a coconut led to their rescue. Recall the heroism of an entire generation who served their country during World War II.

The exhibit is on show now and until the Spring of 2006 at the JFK Presidential Library and Museum. This is just one of the many inspiring exhibits in the Museum, which is open daily from 9-5:00pm, at Columbia Point, Boston, MA. For more information call: 1-866-JFK-1960 or visit www.jfklibrary.org.

November 17th: Special Exhibit at the College of the Holy Cross

Coming to the College in November is the exhibit **Ebrû Art: Marble on Paper, The Works of Feridun Özgören and Güliz Pamukoglu** located in the Iris and B. Gerald Cantor Art Gallery. The exhibit features paper marbling, ebrû in Turkish, which is the traditional art of the Islamic world. The marble creates the colorful, swirling patterns of ebrû by floating paints on a liquid and picking them up on paper. Özgören, Turkish born in 1942 and an artist living in Boston, adapts traditional ebrû to large paper sheets and uses hand-cut stencils to add Arabic, Turkish, or Persian calligraphy to his marbled compositions. The event, is organized by Roger Hankins and Ibrahim Kalin, Professor of Religious Studies, Holy Cross and begins November 17, and runs until January 31, 2006. For more information, call: 508-793-3356 or visit <http://www.holycross.edu/departments/cantor/website/>.

Stamps for Kids

From:

Roger Heinen



'Tis the Season to Save Stamps from your Holiday cards for **Stamps for Kids Project!** Thank you again, for all your stamp donations!

Britton Funeral Homes, Inc

Britton Funeral Home
648 Main St. Shrewsbury
(508) 845-6226

Britton Wallace Funeral Home
91 Central St. Auburn
(508) 832-4420



Please call to learn more about our wide range of financial services for seniors! 508-842-7400.

Condolence Notice

Reminder:

For printing clarification, please state your family's name and relation to the deceased (neighbor, friend, etc) when calling.
Thank you!

The Worcester Art Museum New Exhibitions at the WAM

Frontiers: Collecting the Art of Our

Time, begins November 13th, and runs until February 12th, 2006. Contemporary works broadly explore the times in which we live with a spirit of adventure and discovery. Believing that anything is possible, the artist-visionaries of today wholeheartedly embrace the world's uncertainties as inspiration in their studios. The exhibition features acquisitions of work by over 30 artists.



March by Jenny Scobel

AFTERBURN-Willie Cole: Selected Works, 1997-2004 begins November 13th, and runs until January 7th, 2006. In his assemblage, installation and wall works, Willie Cole (b. 1955) transforms ordinary, domestic objects such as bicycle parts, irons, and lawn jockeys into powerful works embedded with references to the African-American experience and inspired by West African religion, mythology, and culture. Fifteen works from an exhibition organized by the University of Wyoming Art Museum include examples of Cole's sculptures, scorched canvases, and iris prints.

Exhibition Preview Party

Celebrate the openings of two exhibitions of contemporary art, **Frontiers** and **AFTERBURN: Willie Cole** with music, cocktails, savories, and sweets. Admission is \$10 for members, and \$20 for non-members. Party begins 7-10:00pm, November 12. RSVP by November 8th, to 508-799-4406, ext. 3105, or www.worcesterart.org.

Artist Talk: Willie Cole

Join the artist at the Museum for a viewing of his two- and three-dimensional art and a discussion of his artistic process. Talk is November 13th, at 2:00pm. Free with Museum admission.

November Tour of the Month

Pioneers of the New Millennium-A look at Contemporary Art. Join Museum Docent in exploring contemporary art in the exhibition **Frontiers**. Tours are November 16th and 19th, at 2:00pm. Programs are free with Museum admission.

13th Annual WAM Food Drive

Visitors who deliver non-perishable food donations to any of the Museum's entrances on the Friday after Thanksgiving may enjoy free Museum admission that day.

Music Worcester's 146th Anniversary Season

Music Worcester at Tuckerman Hall invites you to share in a celebration of great music that has continued since its inception in 1858, as they bring in an exciting season of performances, with some of the world's most celebrated performing artists joining forces to present you with memorable evenings of music. Admission prices vary, so it's best to call for ticket prices on individual performances. Groups of 6 or more receive a 10% discount on admission. Call 508-754-3231 to make a reservation for upcoming events and for more information.

November schedule:

- * **November 2nd:** Irvin Mayfield & The New Orleans Jazz Orchestra, 8:00pm
- * **November 7th:** Bruckner Orchestra Linz, 8:00pm. Pre-concert Lecture at 7:00pm.
- * **November 14th:** Ballet Flamenco with Jose' Porcel, 8:00pm.
- * **November 18th:** The Danilo P'erez Trio, featuring Danilo P'erez, on piano, Adam Cruz, on drums and Ben Street, playing bass.

The Artful Teapot

You or your group will delight in the fabulous exhibition, **The Artful Teapot: 20th-Century Expressions from the Kamm Collection** presented by The



Peabody Essex Museum. The exhibit starts November 25, 2005 and runs to March 5, 2006. Experience the magic of this universal icon, the teapot-creatively interpreted by over 100 internationally known artists during the last century. See 250 teapots-each a wonder of creative expression. Bring your group and make it an unforgettable tea party! Admission is \$11 for seniors and \$10 for groups of 10 or more. Tours are scheduled daily. For more info. or to book a group visit, please call Jennifer Close at 1-978-745-9500, ext. 3070. Tea and Tour packages are available.

The Salisbury Singers

Presents **Manifest Destiny: Tracing America's Musical Roots** at the United Congregational Church, 6 Institute Rd., Worcester on November 12 at 7:30pm. The program journeys across the country with folksongs that tell the musical stories of America, including **Shenandoah** and the **Yellow Rose of Texas**. Tickets are \$17 for seniors and children. For more information call: 508-799-3848 or visit www.salisburysingers.org.

Foothills Theatre Features

Now playing until November 20, 2005, the mystery, **Sleuth**. Watch for news on the upcoming play, **A Christmas Carol**, starting December 2, 2005. For more info., call 508-754-3314.

Alzheimer's Family & Caregiver Support

Direct your general questions to local contact
Aimee Rizzo at 508-393-5655, Ext. 256.

Whitney Place at Westborough

Get the support and education you need nearby, as well as a chance to share your feelings, ideas and concerns. **Evening meetings** are held monthly, the first Tuesday of the month from 7-8:30pm at Whitney Place in Westborough. Call Aimee Rizzo at 508-836-4354, ext. 3706 for more information. This month's meeting will be November 1, 2005, December's will be December 6, 2005.

Note: Group meetings are also held mornings on the second and fourth Thursday of each month from 10-11:30am

Whittier Rehab Hospital

Invites you to a free community education program: **"Nutrition and the Eye"**. Dr. Jean Keamy of *Keamy Eye and Laser Centre* in Westborough will speak on eating well for optimal eye health. For an ophthalmologist, the eye can mirror the health of the whole body. What we eat and our lifestyles can determine not only the health of the body but also the eyes. The program will be on November 29th, at 12:00 noon. Lunch will be served. Please RSVP to 508-870-2222, ext. 2134.

Fallon Representative Available:

Ms. Sochalski will be available at the **Shrewsbury Senior Center only on November 4th, at 1:00pm..** Anyone who is interested in signing up or getting information on the Fallon Senior Plan can contact her at the number below. There will be a number of closed meetings for members only regarding the new Medicare D program. If you have any questions, please call **1-888-377-1980** for more information.

Not on Fallon? Use SHINE to help you make the best decision regarding the new Medicare Part D benefit. **Please read the SHINE column on the next page and stay informed!**

2005 Local Flu Clinics

As mentioned on page 3, it was undetermined at press time exactly when the FREE Shrewsbury Flu and Pneumonia shots would be given during November. For those who want to go to another location and don't mind a co-pay, here is a list of local flu clinics from the Shrewsbury Board of Health. Call them at 508-841-8512 with any questions.

-Fallon, 508-368-3122, two locations: 425 N. Lake Ave., Nov. 2nd, 5-7pm. 630 Plantation Street, Nov. 5th, 8am to noon. Free to Fallon members. Open to those 55+. Bring cards.

-Brooks Pharmacy, 557 Main Street, Shrewsbury. 508-842-8400. By appointment only, Thurs and Sunday mornings. Must be 65 or older. \$25.00 or whatever co pay private insurance dictates. Free with Medicare B card. Please bring card with you.

-Walgreens, 225 Boston Turnpike, Shrewsbury, 508-756-4201, ext. 0. Sunday, Nov. 13th, 9am-noon. Shot fees: \$25/flu, \$35/pneumonia. Must be 65+.

-Stop and Shop: 940 West Boylston St., Worcester, 508-852-0505. Sat., Nov. 5th, 10am to 2pm. \$25.00. Open to anyone 9 years of age or older with a chronic illness.

-Senior Center Blood Pressure Clinic: every Wednesday, 11am. \$10. Must be 60+ or disabled. Please call 508-841-8640 for availability.

Again, the free regular shots will be given at the Senior Center at the end of November.

Interested in Physical Healing via Spiritual Methods?

The Calvary Retreat Center on South Street in Shrewsbury, is hosting an Apostolate of the Sick series with nationally known healer Father Ralph A. DiOrio. Services are held on designated Tuesdays from noon to 3pm at the Monastery. The November date will be November 29th. Sunday services are also available in Sturbridge...this month, on November 20th. For more information contact Miss Aldona Sarkauskas, Program Directress, at 508-791-0233. Brochures are also available at the Senior Center.



Commonwealth of
Massachusetts
House Of
Representatives

KARYN E. POLITO
STATE
REPRESENTATIVE

Local office: 508-845-2300
Statehouse: (617) 722-2692 Room 167

Working
Hard for
Seniors
in
Massachusetts



Congressman
Jim McGovern
34 Mechanic Street
Worcester, MA 01608
(508)-831-7356

Elder & Disability Law Advocates

Attorney Nicholas G. Kaltsas
One Free Consultation

Estate & Medicaid Planning
Guardianships

In Home Visits if necessary
255 PARK Ave., Worcester
(508) 755-6525

RANDS
AUTOMOTIVE

All Makes and Models
Brakes/exhaust/tune-ups
Wheel Alignment
Towing and Road Service,
Inspections
185 Memorial Dr. Shrewsbury
508-845-9850

Reminder.....Watch Out Medicare Scams!

Enrollment for the **Medicare Drug Coverage Plan** begins November 15, and some Shrewsbury Seniors have already reported being the target of scam artists posing as Social Security Administration (SSA) personnel, calling to obtain personal and financial information. Remember, the SSA already has your information! Since this is so important, we are re-printing an excerpt from Dave Grillo's October column, so you protect yourself.

Excerpt from October Cares Column....the SSA will not ask you for this information over the telephone. Be extra vigilant against callers asking for this information." State Medicare officials want you to "just hang up" if someone calls asking for financial or medical information." Companies cannot enroll seniors in a drug plan or ask them to pay for a plan over the phone or on the Internet, unless seniors are adding prescription drug coverage to a Medicare Advantage Plan or other Medicare Health Plan they already participate in." Contact Social Security (1-800-447-8477; www.ssa.gov/oig/hotline) "if you believe you have been targeted by a scam." Contact the SHINE Program if you have questions about the plan. See SHINE box to right for more.

Caregiver Series 2005, November 2nd

Presented by the Fallon Community Health Plan, the *Caregiver Series 2005* are programs for seniors that are scheduled throughout the year. The next program, *The Care and Management of a Person with Late-Stage Alzheimer's Disease*, will be held Wednesday, November 2nd, at 277 E. Mountain St., Worcester from 5:00-6:30pm. *The Caregiver Series* is free of charge and open to the public.

Pre-registration is required. Refreshments will be served. To register for this program, call: 1-800-868-5200. You may also pick up registration forms at the Shrewsbury Senior Center.

SERVE Sign ups: visit www.servenewengland.org or sign up in person at the Shrewsbury SERVE host site at Mount Olivet Lutheran Church office. The Church's sign up hours are Mon. through Thurs. from 9am-1pm. Call 508-842-2731 before you go to make sure a church staff person is available. Deadline is **November 3rd** for distribution on **November 19th** or call 1-800-548-2111. Great food, great prices!

Changes are Coming!**November 2005**

By Ellin Clifford, Regional SHINE Director

**EVERYONE NOW ON MEDICARE WILL BE AFFECTED BY THESE NEW CHANGES!!!**

The Medicare and You 2006 handbook is being mailed to all Medicare beneficiaries and contains important information about the changes that are coming. One big change is that as of 1/1/2006 the Medicare Part B deductible will be **\$124** annually from \$110 and the Medicare Part B premium will be **\$88.50** from \$78.20 monthly. The Medicare handbook will include information about the Medicare Prescription Drug Plans that will go into effect 1/1/2006.

Some things to consider in the upcoming weeks:

- All current members of Prescription Advantage **must** choose a Medicare Prescription Drug Plan to continue their prescription coverage. Prescription Advantage will be sending out a mailing to all of their members very soon to explain the details of the changes to their program.
- Medicare Beneficiaries on a Medicare Advantage Plan (Blue Cross, Fallon, First Seniority and Tufts) will be receiving information from these plans soon. If you were looking to add a prescription benefit you **must** pick a prescription plan offered by your present company.
- All Health Insurance carriers and Retiree plans will be sending letters to their members within the next few weeks outlining any changes they are making with regard to Medicare Prescription Drug coverage. The new rates that will be effective January 1, 2006 will be included in these letters.
- Keep a list of all current medications, including over-the-counter and herbal remedies.
- Please keep a copy of all the information that is sent to you and try to read it. There will be educational forums in your area to help members understand what changes their health plans are making. We encourage everyone to try to attend these meetings.

Protect yourself! Do not give out credit card or bank information over the phone. Be sure to have information sent to you in writing so you can read everything over before signing up for something you may not want.

SHINE counselors will be available to help with any questions with all these new changes. To reach a SHINE counselor call your local senior center or call (800) 243-4636 and press #2, you will be connected with someone who can help you.

Become a SHINE Counselor...see page 4 for information!

Service & Repair

185 Memorial Drive • Rte. 140
Shrewsbury

508-841-8171
Ask about our senior discount!

NOW OPEN TO THE PUBLIC!

Serving the needs of those who live,
work or worship in Shrewsbury

SHREWSBURY
FEDERAL
CREDIT UNION

**NEXT TO
THE
LIBRARY**
615 Main St.
508-841-8550

**Dean Park Pizza**

745 Main Street
508-842-2525

Offering a 15% Senior Dine-in
Discount on Mon & Wed.

Breakfast:

Saturday & Sunday
7am-noon

Try our fresh seafood!

Many menu choices!

Shrewsbury Men's Friends Club

Submitted by Al Vadenais

Our speakers for the last meeting:

- **Billy Gibbons Sr.** spoke on athletics and the importance of comradeship over just winning and also about crowd control.
- **Bruce Andrews** presented a Minstrel of Music from the 40's, 50's and 60's.
- **John LeBeaux**, Shrewsbury Selectman, spoke on the budget and the agenda for the Town meeting.
- **George Richey**, former Mayor of Shrewsbury, England, presented the history of the English metropolis containing 100,000 people.

Additional speakers are scheduled for upcoming meetings. See you there!

Rolling Red Pins Bowling League

Looking for something to do on Tuesday afternoons? Join **AMF Auburn Lanes** for their *Rolling Red Pin* events at 1:00pm each Tuesday. The **AMF** is currently seeking new senior bowlers age 55 and over to join their newly created, **Rolling Red Pins Bowling League**. The cost each week is \$7.00, which includes coffee and donuts, 3 games, and shoe rental. To find out more, please call Arlene at 508-791-5700.

Travel Information:

Anna & Bernie Keiser: 508-753-1387

Christmas at the Beacon: November 9-11th

Frank Fulginiti : 508-845-6509

Foxwood Resort Casino: November 15th

Foxwood Resort Casino: December 13th

Call Frank or Anna about other exciting trips they have planned for 2005 and get their trip schedule. Flyers are available at the Senior Center.

The Victor R. Quaranta Post (see ad below) is doing a special Veteran's Day Event. See page 5 for details!

Friends of the Shrewsbury Senior Center,

submitted by Diane Lindberg

Sit back and relax as you enjoy a wonderful afternoon of entertainment by Janet Borrelli at The Friends of the Shrewsbury Senior Center, Inc. general meeting at 1 pm, November 15, 2005 at the Senior Center. You can feel free to tap those toes and join along in a wonderful sing-a-long as well. You don't want to miss out! Coffee and goodies will be served. Bring a friend for a great afternoon of fun and fellowship! Mark your calendars for the third Tuesday afternoon, 1 pm, each month at the Senior Center for more great Friend's programs. See you there!

You deserve a wonderful round of applause for supporting our fund raising events at the Spirit of Shrewsbury weekend! Thank you! Thank you! It was a difficult decision, but you did a great job purchasing hand-made knitted goods for the Busy Hands. They are grateful for your support. Need a gift? Be sure to stop into the Senior Center to see the lovely, one of a kind items for sale by the Busy Hands gals.

The Jail and Bail fundraiser did so well, too, thanks to all of you! A special thanks goes to Frank Fulginiti, Tom Rooney and Harvey Grell for their work on the Jail and Bail and to all those who were willingly "jailed"!

A special thanks goes to Madeline Gentile for all the work she did in making Jail and Bail such a big success. See you next year at the Spirit of Shrewsbury!!!

Consider a Friend's membership for yourself and/or a gift for a friend. Just fill out the membership form below and bring it to the Senior Center!

<input type="checkbox"/> Membership Renewal	<input type="checkbox"/> New Membership
<i>Friends of the Shrewsbury Senior Center, Inc</i>	
<i>Enclosed is my \$5.00 Membership dues.</i>	
Name _____	
Address _____	
City, Zip _____	
Make Checks payable to:	
Friends of the Shrewsbury Senior Center	
98 Maple Avenue	

Victor R. Quaranta

American Legion Post 397

Do You Have An Old Flag?



*The Post will
Ceremoniously and
Properly dispose of
American Flag*

Drop Off Box At Senior Center

Shrewsbury Men's Friends Club



Thursdays 9-11 AM
President: John Kehoe

RICHARD'S CAR WASH

309 BOSTON TURNPIKE

508-755-0131

ALL CLOTH WASH — HOT WAX APPLICATION
COIN OPERATED VACUUMS — 4 BAY WASHERS
Tuesday: Senior Citizen's Day: \$1 off!!!

TURNPIKE AUTO BODY

307 BOSTON TURNPIKE

508-755-3015

UNIBODY REPAIR SPECIALIST
FEATURING: LASER BEAM TECHNOLOGY

Polito

**DEVELOPMENT
CORPORATION**

**Commercial Industrial
Residential Real Estate**

**587C Hartford Turnpike
Shrewsbury MA 01545**

508-842-5300



The Poet's Corner

GOD AND I HAVE DISAGREED

Submitted by the Senior Writers Workshop for Rose Francis

God and I have disagreed,
Thoughts planted by the devil's seed.
I wanted blue skies every day,
Sometimes He made them ugly, gray.

I wanted happiness and peace,
But violence and war increase.
I wanted poverty and strife to end,
Yet homelessness and despair portend.

I wanted all things beautiful and bright,
Instead, He took away my sight.
And then one day I understood,
The Master only sends us good.

I awoke to skies of gray,
It meant I'd live another day.
For gray is but another hue,
Just as beautiful as blue.

And war and strife would surely end
If each man would call each other "friend".
And it's the poor whose hand He'll hold,
To guide them through life's bitter cold.

And through the darkness I could see
The many gifts He sent to me.
God and I have disagreed,
But He gives me much more than I need.

Poem by Rose Francis

Rose is a member of the Senior Writers Workshop at the Senior Center. She is legally blind and lives with her daughter and family in Shrewsbury. She does a lot of the care for her 6 grandchildren while their parents are at work.

Newsletter Policy of the Newsletter Committee:

- Names must appear with any submission
- Submissions may be edited without notification
- No profanity or offensive material
- Articles, jokes, announcements, etc. should be less than 150 words
- Poems should be no more than 18 lines
- Subject to space limitations, submissions should be limited to one every three months. —Thank You!

DEADLINE for December Senior Edition: 11/10/05

We welcome birthday, anniversary and other special announcements! Just send them to the *Senior Edition*!

Thanksgiving Word Search

K Y Y T A T T G Z P I E V C H V E K T N
W C O E A O H T H A N K S G I V I N G A
F H J B H S V H X R E W O L F Y A M N R
Z F L H U R G A T H E R I N G C U W O P
Z E S S K I E Z R E B M E V O N E S R T
P A P L Y M O U T H R O C K F C H D U L
P S M W V A I P O C U N R O C R W N X B
N T C A P M O C R E W O L F Y A M O U B
M O V F S T G M I L E S S T A N D I S H
X N I G A H F B F Y V A R G P B S T M A
T Z U T P V E D D D L R O W W E N A I R
V H O C A U V D N R G I R Y L R A R R V
B E U N O M R L P A U N M U S R I B G E
S N C R N L A I N O L M I A S Y D E L S
Y I Y O S M O L T J T G S F F S N L I T
N K H C X D U N C A F A N T F A I E P N
Y P L A N T A T I O N V T E I U F C V P
F M T U R K E Y U S R S R O W C T D J O
J U Y O J G Y V Z A T P E A E E K S E U
G P J V F G B J L T W S V Y I S N M S J

autumn
celebration
colonists
corn
cornucopia
cranberry sauce
drumstick
family
feast
gathering
gravy

harvest
Indians
Mayflower
Mayflower compact
mashed potatoes
Miles Standish
New England
new world
November
Pilgrims
Plantation

Plymouth rock
proclamation
pumpkin
Puritans
stuffing
sweet potatoes
Table
Thanksgiving
Thursday
turkey

Recipe of the Month

Submitted by Joan Joubert

Golden Bread Pudding



6 cups soft white bread cubes
1-14 oz can sweetened Condensed milk
2 TBSP melted butter or Margarine
1 cup raisins
3 eggs
3 cups water
1 tsp salt
1 tsp vanilla
1 tsp cinnamon




Place bread cubes in a pan. Beat eggs In a large bowl and stir in remaining ingredients.

Bake 45-50 minutes or until knife inserted into center comes out clean.

Joan is one of our great volunteer receptionists here at the Senior Center. When she's not answering phones on quiet days, she likes to sketch... sometimes sketching her colleagues unawares! We become her unknown models! But I don't mind Joan! Thank you Joan for your delicious recipe!

November 2005 Calendar

Please Note: PARKS/REC activities are indicated with an (*).
Line Dancing, Tai Chi, Acrylic, Drawing, Watercolor Painting & Clay Creations are PARKS/REC activities. Participants must register at the Parks Department at 508-841-8503.

Monday	Tuesday	Wednesday	Thursday	Friday		
 7 9:30: Piecemakers <i>9am-noon: Jewelry Sale</i> 11-1:00: SSC Club 11:30: Whist 12:30: Bridge 1:30: Fallon Representative Talk <i>Buttermilk Chicken</i>	1 <i>Trip: Target Westborough</i> 10am: Senior Line Dance* 10-12:00: Indepen. Artists Noon: Painting with Elaine 1:00: Scrabble <i>Chicken Cantonese</i>	2 9:30: Fitness & Nutrition* 11:00 Yoga 12-1:00pm: BP/Weight Screening 12:30: Bridge 1:00: Canasta, 1-3:00: Whist 1-2:00: Pilates 2:15-3:15: Chair Pilates 7:00: <i>ADVISE TALK: Deaf/Abuse (call Senior Center to learn more)</i> <i>Roast Turkey</i>	3 9:00: Men's Friend's Club 10:00: Painting* 1:00: Pitch <i>Veal Pamesan</i>	4 10:00: Writer's Workshop 10:00: Cribbage 11-noon: <i>Ed Augustus Office Hours</i> 1:00: Mahjong 1-3:00: Busy Hands <i>Meatballs w. Spanish Sauce</i>		
14 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bridge 2:00: <i>Free Legal Clinic with Jim Slavin</i>  <i>Beef Stew</i>	15 Trip: Solomon Pond Mall 10:00: Senior Line Dance* 10-12:00: Indepen. Artists Noon: Painting with Elaine 1:00: Scrabble 1:00: <i>Friends Inc. Meeting</i> <i>Spaghetti & Meatballs</i>	16 9:30: Fitness & Nutrition* 11:00: Yoga 12-1:00pm: BP/Weight Screening 12:30: Bridge 1:00: Canasta 1-3:00: Whist 1-2:00: NO PILATES today 2:15-3:15: NO CHAIR PILATES today <i>Chicken w. Supreme Sauce</i>	17 9:00: Men's Friend's Club 10:00: Painting* 1:00: Pitch 1:00: Scrabble <i>Baked Ham & Pineapple Sauce</i>	18 9-10:30: <i>Rep. Karyn Politio Office Hours</i> 10:00: Writer's Workshop 10:00: Cribbage 10:00: 4M Series w. free lunch 1:00: Mahjong 1-3:00: Busy Hands <i>Fish Victor</i>		
21 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bridge <i>Vegetable Cheese Bake</i>	22 <i>Trip: Millbury Plaza</i> 9-10:00: Beginner's Mat Pilates 10:00: Senior Line Dance* 10-12:00: Indepen. Artists Noon: Painting with Elaine 1:00: Scrabble <i>Thanksgiving Turkey</i>	23 9:30: Fitness & Nutrition* 11:00: Yoga 12-1:00pm: BP/Weight Screening 12:30: Bridge, 1:00: Canasta 1-2:00: Pilates 1-3:00: Whist 2:15-3:15: Chair Pilates <i>Marconi & Cheese</i>	 <i>Happy Thanksgiving!</i> <i>All Municipal Offices Closed</i> <i>No Meals Served</i>			
28 9:30: Piecemakers 11-1:00: SSC Club 11:30: Whist 12:30: Bridge <i>Garden Swiss Steak</i>	29 <i>Trip: Greendale Mall</i> 9-10:00: Beginner's Mat Pilates 10:00: Senior Line Dance* 10-12:00: Indepen. Artists Noon: Painting with Elaine 1:00: Scrabble <i>Chicken Mornay</i>	30 9:30: Fitness & Nutrition* 11:00: Yoga 12-1:00pm: BP/Weight Screening 12:30: Bridge, 1:00: Canasta 1-2:00: Pilates 1-3:00: Whist 2:15-3:15: Chair Pilates <i>Beef Ziti Bake</i>	PLEASE NOTE: All special monthly activities, meetings and screenings <i>appear in italics</i> on the Calendar. <u>Call the Senior Center at 841-8640 to sign up for screenings, clinics and special events.</u> <i>The entrée at the Village Café is listed each day. Please call the Café Office at 508-841-8757 the business morning before to reserve your seat.</i>			
Tuesday						
Wednesday						
Thursday						
Friday						